

Cool tips to Beat the Heat

- **Drink plenty of fluids:** During hot weather, you will need an increase of fluids. Limit drinks that contain caffeine, alcohol or sugar as these tend to dehydrate. Remember, pets need water too!
- **Replace salt and minerals:** Heavy sweating removes vital nutrients from your body. Sports drinks can replace these nutrients.
- **Wear appropriate clothing:** Lightweight, light-colored, loose-fitting clothes are ideal. Cotton fabrics will keep you cooler than many synthetics.
- **Use sun protection:** Wear hats, sunglasses and sunscreen with an SPF of 15 or higher. Sunscreen should be applied 30 minutes prior to outdoor activity and reapplied every two hours.
- **Schedule outdoor activities carefully:** Limit outdoor activity to morning and evening hours.
- **Stay cool indoors:** Stay in air-conditioned buildings. Public libraries and shopping malls are good options. Showers and baths can help you cool off as well.
- **Monitor those at risk:** Infants, young children and the elderly require additional monitoring. **NEVER** leave infants, children or pets in a parked car!
- **Set a buddy system:** When working in the heat, monitor the condition of co-workers and friends and have them do the same for you.
- **Pace yourself:** If you are not used to working or exercising in the heat, take it slow. Allow your body to adjust to temperature changes.
- **Know the signs:** If you are gasping for breath, **STOP** all activity. Heat illness can cause confusion and loss of consciousness.

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